

Contact Information

You may need to contact members of the Specialist Diabetes Team once you go home:

01744 646 200

Please listen to the options and select the one you feel most suits your needs.

Inpatient Diabetes Team:

| | |
|---------------|-----------------------------|
| Sue Michaels | (Diabetes Specialist Nurse) |
| Amy Strong | (Diabetes Specialist Nurse) |
| Debbie Hatton | (Diabetes Specialist Nurse) |
| Julia Taylor | (Diabetes Specialist Nurse) |
| Kathryn Caton | (Diabetes Specialist Nurse) |

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www.sthk.nhs.uk

Type 2 Diabetes and Illness

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

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How illness can affect your diabetes

Illness such as colds/flu/viruses, urine infections, chest infections, injury and stress can cause your blood sugar to rise. This can happen even if you are not eating. If your blood sugar rises, you may experience symptoms, such as:

- Thirst
- Dry mouth
- Increased urination (weeing a lot)
- Lethargy/tiredness
- Stomach pain.

Looking after yourself

There are some important things you can do to manage your diabetes if you are unwell:

- Take more rest
- Drink plenty of sugar-free fluids (perhaps 4-6 pints each day)
- Continue to take your diabetes medication (including insulin) - if unsure contact the diabetes team
- Some treatments e.g. some blood pressure tablets may need to be stopped during illness - if in doubt, ask your doctor or nurse
- If you are unable to tolerate full meals, try eating little and often or use meal replacements, such as: 100ml fruit juice, 200ml milk, a yoghurt, a pot of jelly, a scoop of ice cream, 2 Rich Tea biscuits
- If you monitor blood sugar levels, increase your blood sugar monitoring to 2-4 hourly. *If blood sugar rises above 15mmol and you feel unwell, check for ketones (urine or blood).

When to seek advice

- If you are unsure what to do contact the diabetes team, practice nurse or GP (including out of hours or your local Walk-in Centre)
- If you have vomiting and/or diarrhoea
- If you are unwell and your blood sugar readings are all high
- If you have ketones present on urine or blood testing
- If in doubt, ask!

If unwell with rising blood sugar levels or ketone levels (blood or urine) you may need to attend your local A&E department.

Individualised care plan advice
